60 MILES

Of scenery between Honolulu and Haleiwa to charm the eye and at the end of the journey a hotel with inside and outside comfort near to Nature's Heart. And the rates are low.

ST. CLAIR BIDGOOD, Manager.

NEW BENEFIT MAY BE ADDED

WHEREAS, Many of the members of THE HARRISON MUTUAL BURIAL ASSOCIATION are in limited financial circumstances, and whereas Forty or Fifty Dollars to use by a family following a death therein would be a great blessings:

THEREFORE, Be it resolved by us, the Board of Control of The Harrison Mutual Burial Association, that we offer all of the members of the Association who wish it, an opportunity to establish such a fund for such a benefit, in the following manner, viz.:

By a vote of the members of the Association who are in good standing two-thirds declaring for it. The article to be known as No. 22 of our By-

ARTICLE 22. We, the BOARD OF CONTROL OF THE HARRISON MUTUAL BURIAL ASSOCIATION, may, on or before Dec. 15, 1907, order an assessment of \$1.00 on each member of the association, to be delinquent on The fat seemed to spirit itself away Jan. 15, 1908. The proceeds of such assessment is to be used as follows: the family of the deceased member who pays for such benefit will receive \$50.00 less 20 per cent which 20 per cent to be used by the Secretary for the making and collecting said assessment together with his labor in connection with the matter. And whenever the amount of the fund is reduced to less than \$100 the Board of Control shall levy another assessment to replenish it. The failure of a member to pay his or her assessment within thirty days thereafter it is levied, forfeits all rights to the benefit, but rights may be renewed at any time by the delinquent, if in good health, by paying up all assessments with rates while it reduces." the penalties, which penalties are ten cents on each assessment for each month's delinquency. The relief benefit to be paid to all such members as are entitled to it on and after Jan. 1, 1908.

lt's a Shame!

For you to pay the price the ready-made people ask when we will make to your individual measure and give satisfaction for the same money. Our new stock of Spring Suitings just arrived.

\$20.00 to \$30.00 a Suit.

Geo. A. Martin

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only a high-class grade of aerated waters. We will deliver at your door a case of our assorted sodas FOR 70 CENTS. When you are having an outing or a picnic or home party, see us for your soda. We have the facilities for supplying all kinds of orders in this line, and on SHORT NOTICE.

Our prices are 35 cents per dozen.

Consolidated Soda Water Works Company, Ltd.

'PHONE, MAIN 71.

Manager. J. S. LEITHEAD

Midsummer .

The season for Sunburn, Mosquitoes and Prickly Heat, when the Bath is the

first consideration. HUDNUT'S marvelous Cold Cream, Extract of Hamamelis, Bay Rum, Talcum Powder, Tollet Water, Pasta Mack for the Bath, Pure Olive Oil Soap, French and Italian Castile Soap, Sponges, Bath Brushes, Face Powder, Manicure Articles, Tonsorial Necessities. WE HAVE A FULL SUPPLY.

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Madge-Has she a good memory? Marjorie-So-so. She's always remembering things she's forgotten .- Town Topics.

Mud, Sand, Steam and Perfumery Dips to Take Off Flesh.

In these days when it is fashionable to be thin the beauty makers are inventing new baths to reduce one's

The old fashioned hot sand baths of Germany are renowned. Recently a new bath was opened and several princesses were invited to bathe on the opening day to give the establishment the necessary social standing.

The sand was heated and the princesses, clad only in the thinnest of muslin garments, were buried in it up to their chins. They sat until the perspiration began to roll off, after which they were released and rubbed down. A course of two weeks produced a great change in the royal complexions,

The latest means to reduce one's weight is the soda bath. The patient is immersed in hot soda water up to the chin and she remains under the water until the perspiration starts upon the face, which means that the skin is awake. The patient then gets out of the bath and puts on a flannel robe and goes to bed to finish the perspiration.

The soda bath may or may not be healthful, but it certainly takes oft flesh. A woman who has just come from Vienna, where the soda bath flourishes, says that she took a bath three times a week in a tub filled with water as hot as her skin could pear.

In the tub there was half a pound of washing soda and a full pound of bicarbonate of soda. The bath was followed by a sponging with clear hot water and a quick massage with a rough towel. with this treatment.

Then there is the Chicago bath, which was introduced by a German physician as a substitute for the mud bath.

"I cannot advise the mud bath in this dimate," said he. "There is not enough dryness in the air. You will catch cold and contract rheumatism. The bath for reduction in the Chicago climate is the hot water bath-the bath which invigo-

The German physician insisted that the water be distilled and that it be softened with borax. He also asked that it be a steadily running bath.

The patient was immersed in a tub of hot water. Then as she became accusmade hotter.

this, she took some violent gymnastic for the complexion, but when vigorousexercises. Her weight went down half ly used it takes off flesh. a pound a day.

the average woman to lose is half a a steam bath, but can be taken at pound a day. Any more is injurious, home. One must have running water

first pound," says a reduction specialist, ing point, "Afterward it is a question of persever-

"I find that it is not a question of earnation of all these.

"No one thing will reduce the weight. It is also a question of temperament. ament is the one that puts on flesh.

they exercise, diet and also endeavor bath is the thing. to become thin. Unless a woman really wants to get thin she will never do water is kept running for ten minutes. so. It is largely a question of will The patient exercises in this atmos-

There are salt baths that bring down the weight, but the woman who tries of water at the boiling point. them should have a set of scales in her bathroom. The trouble is that she may come renowned throughout Europe. It reduce too rapidly.

The French have a new reduction or more harm than good is done. system which is called the spice bath. To make it one must have two ounces of mixed spices, stick cinnamon, whole tient first takes a hot bath. Then she cloves and alispice. This is thrown puts on this rubber garment and exinto a tub and a cup of sea salt is then ercises, keeping at it until she is in a

The hot water is turned on and the tub is filled with scalding water which extracts the essence from the spices. The bath is supposed to bring out the perspiration and steady the nerves.

which is said to be a wonderful thing for the woman who wants to keep her

The bath is made by mixing alcohol and sweet herbs until there is a per-Lavender flowers, sweet clover and rose leaves are covered with alcohol and cologne, half and half. Half a pint of this is thrown into a

This is done the night before and in the morning the bath is ready, It is cold, yet only as cold as the room; it should not chill the skin. This bath is excellent for the athletic wo-

man. Queen Amelie finds it a great

preservative of her youthful lines. The Czarina has a bath which she considers the best of all things for the tired woman. It is also fine for the fat woman, and the Czarina, fearing, fat, takes it almost daily. It is a bath which any woman might take, for it 19 not costly. It is a very hot bath, and

one must not stay in it too long. A pint of orange flower water is made milky with benzoin. The tub is filled with water and the milky mixture is stirred in. It makes a very sweet smelling bath. Russian women keep this bath hot by steadily adding boil-

ng water to it. The electric bath is one of the newest things for reducing the weight. It is quite different from the medicinal baths of the same name and is electric only in that the water is heated with an electric coil. A tub of water is drawn and some ammonia is poured into it.

The electric coil is thrown into the tub and the water is heated in this manner. The advantage of the electric coil is that the water can be kept at an even temperature. When too hot the current is turned off and when it is

getting cold it can be turned on again. There is a very cheap reduction bath which is second to none in the matter borax or some powdered oatmeal. New, Greenfield, Ind.

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Holly Flour

Big, new shipment just received here, as well as thruout the Pacific Coast. Holly Flour enjoys the greatest popularity. That's because Holly is superior to any other flour coming to this market. It contains the best of the wheat and is rich in gluten. Holly makes

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DISTRIBUTORS

S

tomed to the water it was gradually the kind used in the kitchen. Common soap made into a lather and used In half an hour the patient found that with lots of hot water has the faculty she was perspiring freely. Following of washing off the fat. It may be bad

When reducing the proper amount for the masseuse who treated Calve. It is "The most important pound is the and plenty of it heated to the steam-

One must also have an elderdown bath robe or one made of very heavy, very thick and very clinging wool. ing, nor a question of drinking nor yet One must also have slippers with knita question of exercise. It is a combi- ted tops and wool soles. In this garb

one is guaranteed to steam. Running water, fresh from the hot water boiler, sending forth its steam, The woman who nags is generally will afford material for the steam bath. very thin. The easy, tranquil temper- There are those who do not like to get into the tub too often, believing that When I reduce people I insist that it is weakening. For these the steam

> The room is filled with steam and the phere of steam. This requires nothing but a wool bath robe and a good supply

> The Queen Margherita bath has beis effective, but it requires an expert

> The bath robe in this case is made or rubber, and it is tight fitting. The paperspiration.

The important point is in knowing just when one has perspired sufficiently for the rubber robe must be slipped off and a woollen one put on., It must be done at just the right moment, or else

The Queen of Portugal has a bath the skin cools and begins to chill. The golf girl's bath is taken in the park, but without her golfsticks in her hand. She takes vigorous walks, swinging her arms and trying to relax her arm muscles. This is followed by a

toasting in front of an open fire. The golf girl finds this necessary to counteract the muscular exertion of the the golf links. Otherwise, were she

bathtub and the hot water is drawn. not to take this fire bath, she would grow lumpy in her arms and like a feminine Sandow in her calves, The nicest of all baths is the Parisian bath of beauty. It is a hot per-

fume bath and is taken just before one sips one's coffee. It is very strong with alcohol and very sweet with attar. It is an easily prepared bath requiring nothing more than the expenditure of

There are drinks that throw one into a perspiration. Among these is recommended a Chinese tea which costs not less than \$50 a pound. Those who do not care to pay as much can find & very good substitute for less.

This, if taken with lemon and a drop of rum, will form what is called tea punch. It will produce a perspiration.

THE MISSING MAN.



of efficiency. The materials are soft Mr. Fred New last sean Christmas, water, rainwater is best. But if one 1906, on west-bound passenger train at cannot get rainwater or soft water one Caldwell, Idaho. Please report any can soften ordinary water with a little knowledge of him to his father, A. L.



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